

Wellbeing Tips



Stick to a routine – Go to sleep and wake-up at a reasonable time.



Shower and dress how you want to feel. It's amazing how dressing can impact on our mood.



Get outside for at least thirty minutes every day. Fresh air can improve our spirits!



Get moving. Find some time to get moving each day. If you don't feel comfortable going outside, find an exercise video on YouTube that suits your ability.



Connect with people. Phone, facetime, zoom, text, messenger There are lots of ways to connect with your family and friends whilst in isolation. Don't forget to do this for your children also.



Drink plenty of water and eat fruit and veggies to **fuel your body with the nutrients** it needs to stay healthy.



Spend some quality time with your children. Snuggle up and read them stories, play cards, board games, puzzles or role plays.



Remember, this pandemic is temporary and **life will return to normal** in the future, where you will feel safe, free, and connected.



Practice patience – everyone is doing the best they can to get through this. The more we spend time with one another, the more we're likely we need our own space at times.



Practice gratitude – there's plenty of negative and overwhelming information regarding the pandemic, however try to find something every day that you are grateful for.



Helping others and your community – Check on your elderly neighbours or support local restaurants and other local businesses.



Limit social media and COVID-19 conversation. Stick to a couple of reliable news sources and then limit the rest. Only check-in on social media a couple times a day to keep negative messaging and sensationalism to a minimum.



Find a project to keep you busy. This might be something you've been putting off – like painting a room, weeding the garden, learning to knit, reading a book or even a puzzle. Find something that will keep you busy.



And finally, **seek help** should you need someone to talk to, whether it be your friend, relative, doctor or employment consultant and talk to them about how you're feeling.